

NEW TO MCCAMBRIDGE POOL FOR 2012!



Make a Splash!
Bring the Party to the Pool.

The Aqua Zumba program gives new meaning to the idea of an invigorating workout.

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends Latin and International rhythms into a safe, challenging, water-based workout that's cardio-conditioning AND body-toning rolled into one! Aqua Zumba uses the resistance of the water to tone and sculpt muscles while increasing heart rate and crunching calories by moving in to upbeat music – burn up to 600 calories in this NO-IMPACT and HIGH ENERGY class. Instructor is AFAA Group Exercise and CPR certified, and was recently featured on “The Doctors” talk show as part of the Aqua Zumba segment.



You're invited to the Zumba® pool party – try any or all of the sessions below!

WE'LL BE OFFERING (2) 4-WEEK SESSIONS:

SESSION	DATES	DAY	TIME	LOCATION	RESIDENT	NON-RES
SESSION II	7/8-7/29	SUNDAY	9-10 AM	MCCAMBRIDGE POOL	\$32	\$42
SESSION III	8/5-8/26	SUNDAY	9-10 AM	MCCAMBRIDGE POOL	\$32	\$42